

D-Stress Online Workshop

June 5, 2024

10:00am-12:00pm MST

This free, 2-hour workshop includes a basic discussion about stress, and how we can recognize personal stress signs. Several coping skills and strategies are explored, and participants will come away with a personal stress reduction action plan.

****Please note that in order for this session to happen, there must be a minimum of 15 participants in attendance - AHS Staff**

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- Discuss the stress response
- Explore and identify personal warning signs of stress
- Discuss the 3 zones of the Window of Tolerance
- Name emotions as a strategy for managing stress
- Participate in 3 techniques for reducing stress in the moment

Speakers:

Shannon Orbele, RN MN, is a Health Promotion Facilitator in the Provincial Mental Health Promotion and Illness Prevention team in AHS. She has spent most of her career working in mental health and is passionate about helping people develop skills and abilities to manage the stresses and challenges that arise in life.

Colleen Pruden, RN BN, works as an Education Consultant in the Provincial Mental Health Promotion and Illness Prevention team in AHS. Colleen enjoys her work of facilitating workshops and providing facilitator training sessions for the team's programs.



Target Audience: Anyone who wants to learn more about how to manage stress

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21323>

To access this session from zoom:
<https://fntn.zoom.us/j/89706469244>
Meeting ID: 897 0646 9244
Passcode: 178189

Please select "join meeting as an Attendee", once logged-in

To access this session from an *audio line*:
1-587-328-1099
Meeting ID: 897 0646 9244
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4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

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2. Enter Meeting ID: 897 0646 9244

3. Passcode: 178189

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